

Eat This Not That Restaurant

David Zinczenko, Matt Goulding

Eat This Not That! Restaurant Survival Guide David Zinczenko,Matt Goulding,2009-11-24 Americans spend more than \$500 billion a year eating out, and behind each burger, turkey sandwich, and ice cream sundae is a simple decision that could help you control your weight--and your life. The problem is, restaurant chains and food producers aren't interested in helping you make healthy choices. In fact, they invest \$30 billion a year on advertising, much of it aimed at confusing eaters and disguising the fat and calorie counts of their products. Thankfully Eat This, Not That! Restaurant Survival Guide - by David Zinczenko with Matt Goulding - is here to help. It's the first book in the Eat This, Not That! series to focus solely on burger shacks, pizza parlors, pasta joints, breakfast diners, Mexican cantinas, Chinese eateries, drive-thrus, and coffee shops. With in-depth coverage of 80 of the biggest restaurant chains in the country, it arms you with the information you need to take control of your diet and sidestep the egregious calorie-landmines that are secretly sabotaging your chances of losing weight. And why would restaurants do such a thing? Because people keep buying. The top brass at any restaurant knows that the more food that goes onto the plate, the more drastically the customers will underestimate the caloric heft. That's why the average cheeseburger has 136 more calories today than it did in the 1970s and why two-thirds of the country is now overweight or obese. Additional features in Eat This, Not That! Restaurant Survival Guide include: · Restaurant Report Card: America's Best and Worst Restaurants · The Menu Decoder: rules for navigating any menu in the country · The Buffet Survival Guide · The New Rules of Eating Out · 50 Great Restaurant Meals under 500 Calories · Money- (and Calorie-) Saving Guide to Making Your Favorite Restaurant Meals—at Home! Loaded with tips on everything from navigating neighborhood restaurant menus to making smart choices in the drive-thru to cutting cash and calories at the country's largest chain restaurants, Eat This, Not That! Restaurant Survival Guide is the indispensable encyclopedia to the world of eating out.

Eat This, Not That (Revised) David Zinczenko,2019-12-31 Indulge smarter with the no-diet weight loss solution. The bestselling phenomenon that shows you how to eat healthier with simple food swaps—whether you're dining in or out—is now expanded and completely updated. Did you know that if you're watching your waistline, a McDonald's Big Mac is better than a Five Guys Cheeseburger? Or that the health promise of the Cheesecake Factory's Grilled Chicken and Avocado Club is dubious? Or that when shopping for condiments, the real winner is Kraft mayo with olive oil instead of Hellman's “Real?” Reading ingredient labels and scrutinizing descriptions on menus is hard work, but with side-by-side calorie and nutrition comparisons and full-color photos on every page, Eat This, Not That! makes it easy! Diet guru Dave Zinczenko goes aisle-by-aisle through every major American staple—from frozen foods, cereals, and sodas, to the dairy cases, international foods, and the produce aisle—as well as every chain and fast food restaurant in the country to pick the winners and losers. You'll find more than 1,250 slimming and often surprising swaps, a helpful list of the “worst foods in America” by category, plus testimonials from real people who lost weight simply by consulting Zinczenko's easy-to-follow advice. Now the book that changed the way Americans choose meal ingredients, food brands, and menu options is completely updated—and it'll help satisfy both the appetite and diet goals of even the hungriest reader!

Eat This, Not That! 2013 David Zinczenko,Matt Goulding,2012-09-18 With an angry food industry hot on their heels and a ravenous fan base clamoring for more, Zinczenko and Goulding once again redefine the American food landscape. Featuring up-to-the-minute information on the ever-changing array of supermarket and restaurant offerings, Eat This, Not That! 2012 reveals the shocking calorie counts, mind-bending sugar and fat loads, and deceptive advertising and marketing techniques that are making America fat—and gives readers the information they need to fight back. Packed with cool tips, industry secrets, and essential nutrition knowledge, Eat This, Not That! 2012 is a must-have for anyone who cares about what they eat—and how they look.

Cook This, Not That! David Zinczenko,Matt Goulding,2014-12-09 Millions of Americans have lost tens of millions of unwanted pounds with the simple restaurant and supermarket swaps in Eat This, Not That! Now, the team behind the bestselling series turns its nutritional savvy to the best place in the world for you to strip away extra pounds, take control of your health, and put money back in your own pocket: your own kitchen. Did you know the average dinner from a chain restaurant costs nearly \$35 a person and contains more than 1,200 calories? That’s hard on your wallet and your waistline, and few people understand this better than David Zinczenko and Matt Goulding. Their response: Learn to cook all your favorite restaurant food at home—and watch the pounds disappear! Make no mistake—this is no rice-and-tofu cookbook. The genius of Cook This, Not That! is that it teaches you how to save hundreds—sometimes thousands—of calories by recreating America’s most popular restaurant dishes, including Outback Steakhouse’s Roasted Filet with Port Wine Sauce, Uno Chicago Grill’s Individual Deep Dish Pizza, and Chili’s Fire Grilled Chicken Fajita. Other priceless advice includes: • The 37 Ways to Cook a Chicken Breast, A Dozen 10-Minute Pasta Sauces, The Ultimate Sandwich Matrix, and other on-the-go cooking tips • Scorecards that allow you to easily compare the nutritional quality of the carbohydrates, fats, and proteins in every meal you eat • The truth about how seemingly healthy foods, such as wheat bread, salmon, and low-fat snacks, may be secretly sabotaging your health

Eat This, Not That! Supermarket Survival Guide David Zinczenko,Matt Goulding,2014-11-11 Revised, expanded, and updated with all-new nutrition facts and information, Eat This, Not That! Supermarket Survival Guide is the ultimate authority on packaged foods, produce, and dairy and meat products when it’s time to go shopping for your family. With more than 50,000 food products in the average supermarket, it’s no wonder shoppers feel confused and overwhelmed. How do they know what to buy to eat healthier and avoid packing on pounds? And as food prices skyrocket, how do consumers know they’re getting the best deals? Eat This, Not That! Supermarket Survival Guide will steer buyers away from nutritional danger zones and protect them with the power of knowledge. On every page, readers will find easy-to-follow tips and nutrition facts that help them make the best choices for cutting calories, shedding pounds, and even saving money! Based on extensive research and market reporting, Eat This, Not That! Supermarket Survival Guide finally puts the shopper in control of his or her family’s diet and health.

Eat This Not That! for Kids! David Zinczenko,Matt Goulding,2008-08-19 It's no secret that children are getting fatter: 17% of this country's youth are overweight or obese, and the number of diabetic children has nearly quadrupled in the past thirty years. Now, to help combat the problem, David Zinczenko, editor-in-chief of Men's Health, and co-author Matt Goulding have created Eat This, Not That! for Kids. This must-have guide for concerned parents offers detailed analysis and nutritional tips on thousands of the most popular food choices for kids. Covering the best and worst options available at the most popular restaurants in the country as well as the healthiest—and most harmful—foods in the supermarket aisles, if kids are eating it, this book is probably analyzing it. Other features include: -Restaurant Report Cards on the best chain restaurants for your kids -Drink This, Not That! for Kids -The 20 Worst Kids' Meals in America -10 Healthy Foods that Aren't -The 8 Foods You Should Feed Your Kid Every Day

The Restaurant Diet Fred Bollaci,2018-01-15 “I know of no other book that offers its readers the opportunity to learn how to remain healthy without giving up the pleasure that dining out brings.” —Monty Preiser, veteran food & wine writer This is the ultimate guide for people who want to dine out guilt-free! In The Restaurant Diet, author Fred Bollaci, who lost 150 pounds from 330: • Teaches readers how to read a menu • Explains how to ask important questions of the restaurant staff • Gives guidance on how to have food customized to your dietary needs • Provides insights into converting this into healthy eating at home As Fred teaches readers how to eat out and lose weight, he reveals the real secret: It’s not about preparing “clean” food at home, or going “whole” and excluding wheat, sugar, and dairy. Nor is it about counting calories or grams. It’s about WHY one overeats in the first place. After trying every fad diet, Fred devised a four-phase eating and exercise plan with the help of his doctor, a nutritionist, a trainer, and a psychologist. Featuring recipes from America’s most noted restaurant chefs, as well as original recipes from Fred’s own kitchen, The Restaurant Diet is for the nineteen million Americans who love to eat out on a regular basis—and the 38 percent who are overweight. “The Restaurant Diet, with its smart, educated choices, will revolutionize the world of dieting. As a chef and restaurant owner, I am excited to be part of this game-changing book and way of life—where fine-dining restaurants are a conscious dieter’s friend.” Gabriel Kreuther, Michelin star chef and James Beard Award winner

Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Grill This, Not That! David Zinczenko, 2012-05-08 Quick and easy grilling recipes that will save you 10, 20, 30 pounds or more! Best-selling authors David Zinczenko and Matt Goulding return with the latest in their blockbuster series, *Eat This, Not That!* With a ravenous fan base clamoring for even more healthy, affordable options, Zinczenko and Goulding team up again to redefine America's favorite pastime: the backyard BBQ. This newest weight-loss weapon teaches readers how to strip hundreds, even thousands of calories from their diets—and save hundreds of dollars a week—using healthy grilling techniques, mouth-watering marinades, and savvy strategies to recreate their favorite foods. There more than 125 recipes for everyone's indulgent, yet low-calorie favorite (yes, even ribs and cheeseburgers!). Packed with cool tips, industry secrets, and essential nutrition information, *Grill This, Not That!* is a must-have for anyone looking to save money, time, and calories, and become the ultimate boss of their barbecue.

Eat This Not That! The Best (& Worst!) Foods in America! David Zinczenko, Matt Goulding, 2009-07-21 Oprah called it a great guide that everyone should get. Dr. Oz says it will carve a path to a healthier, leaner, happier you. And Ellen says: *Eat This, Not That!* is going to freak the weight right off of you! But you don't have to take their word for it. With *Eat This Not That! The Best (& Worst!) Foods in America!* - by David Zinczenko with Matt Goulding - you can become yet another success story, and drop 10, 20, 30 pounds or more while still eating your favorite foods—and never, ever going on a diet! With this revolutionary book you'll discover: - How choosing one fast-food milk shake over another can save you nearly 2,000 calories! (The difference is an entire day's worth of calories! Make that swap just once a month and you'll save 7 pounds of fat in just one year!) - 25 healthy foods that aren't. (Learn about the supposedly healthy foods that are secretly packing your body with excess calories, fat, sugar and sodium—and what you should eat instead to lose weight effortlessly!) - 20 foods your cardiologist wouldn't eat. (Place smart orders at the window to avoid packing on pounds!) - 16 secrets the restaurant industry doesn't want you to know! (Read this list before your next supermarket trip—your health depends on it!) - The 20 unhealthiest drinks in America. (So you can sip what you want, skip the diet, and still lose lots of weight this year!) - The best and worst sex foods! (Because changing what you eat can boost your sexual health—and your performance in bed!) - The best and worst restaurants in America! (How healthy is your favorite eatery? Consult our exclusive Restaurant Report Card and find out!) This exclusive hardcover book in the runaway bestselling series lists thousands of the fastest and easiest ways to cut calories and quickly lose 10, 20, 30 pounds or more while still eating all the foods you love. *Eat This, Not That: The Best (& Worst!) Foods in America!* reveals how to eat right every time—no matter where you are.

Eat This, Not That! 2011 David Zinczenko, Matt Goulding, 2010-10-12 That brand-new physique you've been waiting for, the leaner, fitter, healthier body you thought you'd never had. *Eat This, Not That! 2011*—the latest, most up-to-date book in the best-selling weight loss franchise—is ready to start stripping extra pounds from your body today. And once you lose that weight, you're going to keep it off. Forever. That's because *Eat This, Not That!* is a tool. It's designed to make smart food choices easier, no matter where you're making them. Consider just a handful of real stories from real people who've shed 25, 50, 75 pounds—or more!—and you'll understand why *Eat This, Not That!* is The no-diet weight-loss solution: • Michael Colombo of Staten Island, New York, shed 91 pounds in just over 8 months and conquered life-threatening sleep apnea, after picking up a copy of *Eat This, Not That!*. My confidence has sky-rocketed! he says. • Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds—without dieting. I feel like I've always wanted to feel, Bowen reports. Once she discovered the truth about her food, she learned she could lose weight and never feel hungry. • Dana Bickelman of Waltham, Massachusetts, lost 70 pounds after discovering the shocking truth about the foods she was eating. Her secret: She learned to indulge—even at her favorite restaurants—but to do it more smartly. *Eat This, Not That!* teaches you how to read nutrition labels and decipher misleading menu descriptions. It pairs classic food swaps, and helps you cut hundreds—or even thousands—of calories from your daily diet, without feeling like you've deprived yourself at all. Consider: *One of America's chain restaurants is serving a pasta dish with more than 2,700 calories? (That's nearly a pound of flab—in one meal!) *Choosing Breyer's Reese's Peanut Butter Cups Ice Cream over Ben & Jerry's Peanut Butter Cup Ice Cream will save you 200 calories per scoop? *The wrong milk shake at Cold Stone will cost you more than a day's worth of calories? (But a smart swap will eliminate 1,520 of them!) Additional features in *Eat This, Not That! 2011* include: • The Truth About What's REALLY In Your Food (Think a Chicken McNugget is made out of just chicken? Think again) • The *Eat This, Not That!* No-Diet Cheat Sheets • Foods That Cure Any Problem • The 20 Worst Foods in America • Top Swaps at the Ballpark, the Mall, the Cocktail Party, Thanksgiving Dinner, and more! • Restaurant Report Card—for Kids • And more!

Eat Out, Eat Well Hope Warshaw, 2015-02-10 The average American will eat out at a restaurant five times this week, and while there are healthy choices available at restaurants, it's not always clear what they are. Fortunately, Hope S. Warshaw has created the ultimate guide to eating healthy—and eating well—in restaurants for people with diabetes, prediabetes, heart health, or those just looking to lose a few pounds. In *Eat Out, Eat Well*, Hope has created individual strategy guides for a wide variety of cuisines, ranging from everyday burger shops to ethnic choices. Each style of restaurant includes healthy meal options, which recommend certain dishes and portion sizes. There's information on what to avoid and how to go about the making special requests. Each restaurant style also includes nutrient counts to help identify healthy choices. For anyone trying to manage their diabetes but looking to have dinner out, this is an indispensable guide.

Where Am I Eating? An Adventure Through the Global Food Economy Kelsey Timmerman, 2013-04-08 Bridges the gap between global farmers and fishermen and American consumers America now imports twice as much food as it did a decade ago. What does this increased reliance on imported food mean for the people around the globe who produce our food? Kelsey Timmerman set out on a global quest to meet the farmers and fisherman who grow and catch our food, and also worked alongside them: loading lobster boats in Nicaragua, splitting cocoa beans with a machete in Ivory Coast, and hauling tomatoes in Ohio. *Where Am I Eating?* tells fascinating stories of the farmers and fishermen around the world who produce the food we eat, explaining what their lives are like and how our habits affect them. This book shows how what we eat affects the lives of the people who produce our food. Through compelling stories, explores the global food economy including workers rights, the global food crisis, fair trade, and immigration. Author Kelsey Timmerman has spoken at close to 100 schools around the globe about his first book, *Where Am I Wearing: A Global Tour of the Countries, Factories, and People That Make Our Clothes* He has been featured in the Financial Times and has discussed social issues on NPR's Talk of the Nation and Fox News Radio *Where Am I Eating?* does not argue for or against the globalization of food, but personalizes it by observing the hope and opportunity, and sometimes the lack thereof, which the global food economy gives to the world's poorest producers.

You and I Eat the Same Chris Ying, René Redzepi, MAD, 2018-10-02 Named one of the Ten Best Books About Food of 2018 by Smithsonian magazine MAD *Dispatches: Furthering Our Ideas About Food* Good food is the common ground shared by all of us, and immigration is fundamental to good food. In eighteen thoughtful and engaging essays and stories, *You and I Eat the Same* explores the ways in which cooking and eating connect us across cultural and political borders, making the case that we should think about cuisine as a collective human effort in which we all benefit from the movement of people, ingredients, and ideas. An awful lot of attention is paid to the differences and distinctions between us, especially when it comes to food. But the truth is that food is that rare thing that connects all people, slipping past real and imaginary barriers to unify humanity through deliciousness. Don't believe it? Read on to discover more about the subtle (and not so subtle) bonds created by the ways we eat. *Everybody Wraps Meat in Flatbread: From tacos to dosas to pancakes,*

bundling meat in an edible wrapper is a global practice. Much Depends on How You Hold Your Fork: A visit with cultural historian Margaret Visser reveals that there are more similarities between cannibalism and haute cuisine than you might think. Fried Chicken Is Common Ground: We all share the pleasure of eating crunchy fried birds. Shouldn't we share the implications as well? If It Does Well Here, It Belongs Here: Chef René Redzepi champions the culinary value of leaving your comfort zone. There Is No Such Thing as a Nonethnic Restaurant: Exploring the American fascination with "ethnic" restaurants (and whether a nonethnic cuisine even exists). Coffee Saves Lives: Arthur Karulewa recounts the remarkable path he took from Rwanda to Seattle and back again.

The Eat This, Not That! No-diet! Diet ,2011

The Book of Eating Adam Platt,2019-11-12 A wildly hilarious and irreverent memoir of a globe-trotting life lived meal-to-meal by one of our most influential and respected food critics As the son of a diplomat growing up in places like Hong Kong, Taiwan, and Japan, Adam Platt didn't have the chance to become a picky eater. Living, traveling, and eating in some of the most far-flung locations around the world, he developed an eclectic palate and a nuanced understanding of cultures and cuisines that led to some revelations which would prove important in his future career as a food critic. In Tokyo, for instance—"a kind of paradise for nose-to-tail cooking"—he learned that "if you're interested in telling a story, a hair-raisingly bad meal is much better than a good one. From dim sum in Hong Kong to giant platters of Peking duck in Beijing, fresh-baked croissants in Paris and pierogi on the snowy streets of Moscow, Platt takes us around the world, re-tracing the steps of a unique, and lifelong, culinary education. Providing a glimpse into a life that has intertwined food and travel in exciting and unexpected ways, The Book of Eating is a delightful and sumptuous trip that is also the culinary coming-of-age of a voracious eater and his eventual ascension to become, as he puts it, "a professional glutton."

Eat This And Live Don Colbert,2014-05-23 From the author of the NEW YORK TIMES best-selling books The Seven Pillars of Health and I Can Do This Diet, along with best sellers Toxic Relief, the Bible Cure series, Living in Divine Health, Deadly Emotions, Stress Less, and What Would Jesus Eat? Dr. Don Colbert has sold more than TEN MILLION books. Improve your health and extend your days with simple food choices Today we have an abundance of options when it comes to the food we eat. But all foods are not created equal. In fact, some food should not even be labeled food but rather "consumable product" or "edible, but void of nourishment." In Eat This and Live! Dr. Don Colbert provides a road map to help you navigate this often treacherous territory. Based on the key principles for healthy eating in Dr. Colbert's New York Times best seller, The Seven Pillars of Health, this practical guidebook to food includes "Dr. Colbert Approved" foods and restaurant menu choices, along with helpful tips, charts, and nutrition information that will make it easier for you to stay healthy and lose weight. Now is the time to build the rest of your life on this wonderful pillar of health—living food!

Wired to Eat Robb Wolf,2019-09-17 NEW YORK TIMES BESTSELLER • Reset your metabolism for lasting fat loss in one month and discover the carbs that are right for you. The surprising truth is that we are genetically wired to eat more and move less, the exact opposite of the advice we are often given. Now there is a more customized weight loss solution that works with your body, a solution based not on arbitrary restriction of foods but on what works for YOU. Developed by former research biochemist, health expert, and bestselling author Robb Wolf, Wired to Eat offers an eating program, based on groundbreaking research, that will rewire your appetite for weight loss and help you finally determine the optimal foods for your diet and metabolism. With his bestselling book, The Paleo Solution, Robb Wolf helped hundreds of thousands of people lose weight by eating a low-carb Paleo diet, but Paleo is only a starting point, not a destination. Now, he'll share a more customized way of eating that may be the key to permanent weight loss and better health. You'll start with Wolf's 30-Day Reset to help you restore your body's blood sugar levels, repair your appetite, and reverse insulin resistance. There are more than 70 delicious recipes, detailed meal plans, and shopping lists to aid you on your journey. Wolf also includes meal plans for people who suffer with autoimmune diseases, as well as advice on eating a ketogenic diet. Once you've completed this phase of the plan, the unique 7-Day Carb Test will help you determine what amounts and types of carbs you can tolerate. No more guessing. Now you can find out for yourself which foods you can and cannot eat, instead of relying on a one-size-fits all diet. Transform your diet by discovering your personalized weight loss blueprint with Wired to Eat.

The Eat This, Not That! No-Diet Diet David Zinczenko,Matt Goulding,2014-11-04 David Zinczenko and Matt Goulding build on the success of their wildly popular Eat This, Not That! series to create a complete morning-to-night, 365-day eating plan that will have you enjoying all your favorite foods—and help you shed pounds with ease. Imagine a diet plan that lets you eat at Burger King, McDonald's, Dunkin' Donuts, and Olive Garden—and still strip away 10, 20, even 30 pounds or more. A diet plan that lets you order takeout pizza, whip up a box of macaroni and cheese, even reach into the freezer section for ice cream—and never worry about gaining weight or going hungry. A diet plan that lets you enjoy your most indulgent comfort foods whenever you want—and actually teaches you how to eat them more often! The Eat This, Not That! No-Diet Diet is the easiest, most revolutionary weight-loss plan ever created. Whether you're in the drive-through, the family restaurant, the supermarket aisle, or your own kitchen, you make dozens of decisions every day that affect your weight and your health. Now, those decisions will be a breeze. Dana Bickelman of Waltham, Massachusetts, lost 70 pounds in one year, while still enjoying her favorite restaurants: Dunkin' Donuts and Olive Garden. "Boys want to say hi to me now, and that's awesome," she exclaims. "I've never had this kind of attention before, and it's wonderful." Michael Colombo of Staten Island, New York, lost 91 pounds in less than 9 months, while eating his favorite McDonald's sandwiches—and skipping products labeled as "health food." "It's a lot easier than [I] thought," he says. "My confidence has skyrocketed." Erika Bowen of Minneapolis, Minnesota, dropped 84 pounds in 17 months, just by shopping smarter in the supermarket. "There was a time when I refused to wear tank tops," she says. "But now I'm very comfortable in my own skin, and I'm wearing things I'd never have worn before." No matter where you are or what you crave, you'll be stunned to discover how easy losing weight can be.

Kitchen Confidential Anthony Bourdain,2013-05-01 After twenty-five years of 'sex, drugs, bad behaviour and haute cuisine', chef and novelist Anthony Bourdain has decided to tell all. From his first oyster in the Gironde to his lowly position as a dishwasher in a honky-tonk fish restaurant in Provincetown; from the kitchen of the Rainbow Room atop the Rockefeller Center to drug dealers in the East Village, from Tokyo to Paris and back to New York again, Bourdain's tales of the kitchen are as passionate as they are unpredictable, as shocking as they are funny.

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Eat This Not That Restaurant** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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Eat This Not That Restaurant Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with

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